

## What's Your Alcohol IQ?

### • What To Know •

**Directions:** Below are a dozen statements about how alcohol affects a person's brain activities. Some of these are misconceptions, or mistaken beliefs. Do you know which are true and which are false? Circle TRUE or FALSE for each statement.

1. Alcohol is a stimulant.

TRUE

FALSE

2. Under the influence of alcohol, everything may appear to be fuzzy; drinkers may slur their words and have difficulty hearing, tasting, and smelling.

TRUE

FALSE

3. Under the influence of alcohol, a drinker's ability to think, speak, and move may slow way down.

TRUE

FALSE

4. Under the influence of alcohol, drinkers are usually calm, thoughtful, and easygoing.

TRUE

FALSE

5. Drinking alcohol over a long period of time may damage a person's self-control and ability to plan, think, and make decisions.

TRUE

FALSE

6. Alcohol does not affect memory.

TRUE

FALSE

7. Alcohol may make it difficult for drinkers to keep their balance or hold on to things.

TRUE

FALSE

8. Under the influence of alcohol, a drinker may be emotional and weepy.

TRUE

FALSE

9. Alcohol will help a person sleep.

TRUE

FALSE

10. Drinking alcohol will help a person lose weight.

TRUE

FALSE

11. People attending a winter football game should drink alcohol to keep warm.

TRUE

FALSE

12. The more alcohol people drink, the hungrier and thirstier they will become.

TRUE

FALSE